









Healthy U At Home

Stay connected during this time with others who have similar health challenges.

Healthy U at Home provides you the tools to Self-
Manage your health at home. Join us for a **FREE** six-session weekly virtual workshop.
This scheduled workshop is for those with any chronic condition.



See below for what you need for Free Healthy U at Home!

-  A stable internet connection with camera via your computer, I-pad, tablet or smart phone
-  Email address to receive required pre-registration materials and weekly remote invitation
-  Two hours once a week for six weeks to share and connect with others
-  Complete a weekly action plan and report out on progress
-  Free materials shipped to your home!
-  **Registration required**

Join us Via ZOOM

Healthy U-Chronic Conditions
Mondays Oct 25th-Nov 29th
1:00pm-3:30pm

Attendance required at all sessions
Registration deadline Oct 15th

To register, contact The Dempsey Center

Dempseycenter@ohiohealth.org
Or
614-788-6115



Put life back in your life.

Healthy U, or CDSMP (Chronic Disease Self-Management Program), is a workshop given two hours, once a week, for six weeks, REMOTELY via ZOOM or other platform.

People with different chronic conditions attend together. Workshops are conducted by two facilitators, one or both of whom have chronic conditions themselves, such as diabetes, arthritis, or heart conditions.

Self-Management topics covered include:

- 1) techniques to deal with problems such as frustration, fatigue, pain and depression,
- 2) suggestions on exercise for maintaining and improving strength, flexibility, and endurance,
- 3) stress and relaxation,
- 4) communicating effectively with family, friends, and health professionals,
- 5) nutrition, and,
- 6) how to evaluate new treatments.

Diabetes Self-Management Program (DSMP) is facilitated the same way as CDSMP and covers the same subjects, but is specifically designed for people with Type 2 Diabetes or pre-Diabetes, and includes more specific information on managing diabetes.

Chronic Pain Self-Management (CPSMP) is facilitated the same way as CDSMP but also includes 26 gentle stretching exercises as part of the curriculum.



For more information or to bring this program to your venue REMOTELY please call:

Jane Acri at
614-645-3866
1-800-589-7277
jacri@coaaa.org

The Central Ohio Area Agency on Aging informs and supports people as they navigate the experience of aging or disability.



COAAA
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Columbus, Ohio 43207

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614-645-7250

Online: www.coaaa.org
Email: coaaa@coaaa.org

Healthy U is made possible through The Ohio Department of Aging and Older Americans Act funds, Title III-D, designated to promote evidence-based disease prevention and health promotion programs. COAAA works in collaboration with many local partners to bring this program to you.

*"In just a few weeks,
I got back to feeling
better – and back to
being the kind of
person I like to be."*

